

September 2017

WOMEN ON A JOURNEY SERIES

The Gift of Years: Growing Older Gracefully by Joan Chittister

Not only accepting but celebrating the aging process, the author encourages readers to surmount their fears of getting older and find the beauty in aging well. Central throughout is a call to cherish the blessing of aging as a natural part of life that is active, productive and deeply rewarding. Coffee and . . . Book will be available at sessions.

All sessions will be on a Wednesday, the following dates:

September 20, 27	January 3, 10, 17, 24, 31
October 11, 18, 25	February 7, 14, 21, 28
November 1, 8, 22, 29	March 7, 14, 28
December 6, 20	April 11, 18, 25

Time: 1:00-3:00 p.m.

Presenter: Janice Santanello, MA Theology, CLEM, CSG Cost: \$15

8-14 BREATH OF GOD: A SILENT RETREAT

Come to the Jersey Shore to encounter your God in the silent atmosphere of a private or directed retreat. Eucharistic Liturgy and Exposition of the Blessed Sacrament will be included. Supper will be served on Friday, September 8 at 5:30 p.m.

Arrival: Friday, 4:00-5:00 p.m. Departure: Thursday, 10:00 a.m.
Presenters: Staff and Visiting Directors Cost: \$510

18 THE 12 KEYS TO SPIRITUAL VITALITY: For Adults 50+

Explores the 12 keys of aging and spirituality that transform aging from a potentially dismal time into an ageless soul adventure! It provides the practical means for making the most of the years of the second half of life. Sure to completely transform the way you look at aging! Lunch and Mass included.

Arrival: 9:00 a.m. Departure: 2:30 p.m.
Presenter: Janice Santanello, MA Theology, CLEM, CSG Cost: \$50

19 FRIENDS OF BILL W. – An Evening For Sponsor/Sponsee

Sponsors bring your sponsee for an evening of fellowship. Dinner will be served at 6:00 p.m. A speaker presentation will follow. (Also offered on November 21, 2017)

Arrival: 5:30 p.m. Departure: 8:00 p.m.
Speakers Cost: \$20

25 EVEN BETTER AFTER 50: For Adults 50+

Explores how to become and remain Well of Body, Wise of Mind and Whole of Spirit. This program goes beyond simple health practices, it teaches how to harness psychological power and spiritual strength to achieve optimal health in body, mind and spirit. Lunch and Mass included.

Arrival: 9:00 a.m. Departure: 2:30 p.m.
Presenter: Janice Santanello, MA Theology, CLEM, CSG Cost: \$50

October

16 LOVING FOR A LIFETIME: Unveiling the Mysteries of a Healthy, Happy and Holy-Christ Centered Marriage

A course for the engaged, newly married, or couples in the second half of life (45+) as maturing adults face the challenges of increased longevity, financial concerns, adult children and grandchildren issues, retirement, etc. Here is the spiritual meaning of the mature marriage, discovering God anew in the simple now of life together. Lunch and Mass included.

Arrival: 9:00 a.m. Departure: 2:30 p.m.
Presenter: Janice Santanello, MA Theology, CLEM, CSG Cost: \$100 (Per Couple)

St. Joseph By The Sea

A Retreat House at the Central Jersey Shore

Office Hours: Monday - Friday 9am-2pm
(732) 892-8494 • www.sjbsea.org
sjbsea@comcast.net

24 FRIENDS OF LOIS W. – Spiritual Focus For Women in Al-Anon

An evening of fellowship for women in Al-Anon. Dinner will be served at 6:00 p.m. A speaker presentation will follow. (Also offered on November 28, 2017)

Arrival: 5:30 p.m. Departure: 8:00 p.m.
Speakers Cost: \$20

26 SUCCESSFUL CAREGIVING: For All Christian Persons In Any Type Of Caregiving Role

Most of us will face caregiving responsibilities of sizable proportions. Caregivers need to know that the caregiving role is a holy ministry; an opportunity for spiritual growth. Recognizing these 10 fundamental principles can change a stressful, overwhelming and demanding experience into a profoundly grace-filled experience. Lunch and Mass included.

Arrival: 9:00 a.m. Departure: 2:30 p.m.
Presenter: Janice Santanello, MA Theology, CLEM, CSG Cost: \$50

27-29 FOOTSTEPS IN THE GARDEN

Do you ever wonder what God is doing and has done in your life, even without your help? In scripture, God says, "You will be like a watered garden." (Is 58:11-12) The blooms in the garden of life take root in the silence. Although the garden needs tending and harvesting, often in our busyness, we miss the beauty that comes on its own and the footsteps of the One who scatters seeds of hope. This weekend offers you time to explore the gardens of your life. Light supper served on Friday, October 27 at 5:30 p.m. Mass included.

Arrival: 4:00-5:00 p.m. Departure: 11:00 a.m.
Presenters: Paulette Cicero, M.Th., CSD
Ellen Murphy, CSD Cost: \$215

November

6 IDOLS IN OUR LIVES

We are confronted with many idols in our life. . . idols which take us away from God. The talks enhanced by powerpoint presentations will explore the idols of plans, ideas and media in our daily living. Lunch and Mass included. (Also offered on February 5, 2018)

Arrival: 9:00 a.m. Departure: 2:30 p.m.
Presenter: Sr. Lucy Battistuz, MPF, BS, MS Cost: \$50

15 MARY, UNDOER OF KNOTS

In his first year as Pontiff, Pope Francis encouraged the whole Christian community to pray to Mary, Undoer of Knots. On this day you will have time to reflect deeply with Mary, and offer her the knots in your life. Lunch and Mass included.

Arrival: 9:00 a.m. Departure: 2:30 p.m.
Presenter: Paulette Cicero, M.Th., CSD Cost: \$50

21 FRIENDS OF BILL W. – An Evening For Sponsor/Sponsee

Sponsors bring your sponsee for an evening of fellowship. Dinner will be served at 6:00 p.m. A speaker presentation will follow. (Also offered on September 19, 2017)

Arrival: 5:30 p.m. Departure: 8:00 p.m.
Speakers Cost: \$20

28 FRIENDS OF LOIS W. – Spiritual Focus For Women in Al-Anon

An evening of fellowship for women in Al-Anon. Dinner will be served at 6:00 p.m. A speaker presentation will follow. (Also offered on October 24, 2017)

Arrival: 5:30 p.m. Departure: 8:00 p.m.
Speakers Cost: \$20

December

1-3 ADVENT SILENT WEEKEND

In December stillness, this weekend provides time away from our daily cares to listen to Isaiah's dream, awaiting the birth of God's Anointed One. This retreat offers time for reflection, Exposition of the Blessed Sacrament and Mass.

Arrival: 6:30 – 7:00 p.m. Departure: 1:00 p.m.
Presenters: Staff and Visiting Directors Cost: \$215

4 STIRRING THE STORY OF CHRISTMAS IN OUR HEARTS

This day you will hear the "Stirring Story of Christmas" as your hearts are waiting at a time where words of assurance, balm for a despairing heart and the Christ is born again in the power of hope and the candle of compassion. Lunch included.

Arrival: 9:00 a.m. Departure: 2:00 p.m.
Presenter: Sr. JoAnne Jones, RSM, Ph.D. Cost: \$50

13 QUIET BY THE FIRESIDE

This evening will provide the busy person an opportunity to contemplate Jesus, the Incarnate Word, through reflection in a quiet and prayerful environment. Christmas sing-along and refreshments after program.

Arrival: 5:00 p.m. Departure: 8:00 p.m.
Presenters: Sr. Brunilda Ramos, MPF
Sr. Dolores Bianchi, MPF Donation

*The retreat house is closed from
December 22, 2017 through
January 2, 2018*

February 2018

2-4 COME TO THE QUIET – A SILENT RETREAT

Come and experience the shore in all its winter beauty! This weekend has been set aside for those desiring time alone with God. This retreat offers time for reflection; Eucharistic Liturgy and Exposition of the Blessed Sacrament will be included.

Arrival: 6:00-7:00 p.m. Departure: 1:00 p.m.
Presenters: Staff and Visiting Directors Cost: \$215

5 IDOLS IN OUR LIVES

We are confronted with many idols in our life. . . idols which take us away from God. The talks enhanced by powerpoint presentations will explore the idols of plans, ideas and media in our daily living. Lunch and Mass included. (Also offered on November 6, 2017)

Arrival: 9:00 a.m. Departure: 2:30 p.m.
Presenter: Sr. Lucy Battistuz, MPF, BS, MS Cost: \$50

St. Joseph By the Sea Registration Form

Name _____ Home Phone _____
 Email _____ Work Phone _____
 Street _____ Cell Phone _____
 City _____ State _____ Zip _____
 Program Attending _____ Date _____

IF REGISTERING FOR RETREAT, PLEASE INDICATE _____ DIRECTED _____ PRIVATE
 N.B. There will be an additional \$10 fee for each Directed Session.

Enclosed is my non-refundable/non-transferable deposit of \$50.00

PLEASE MAKE CHECKS PAYABLE TO: ST. JOSEPH BY THE SEA

Your cancelled check is your receipt.

Office Use Only

Deposit Paid _____
 Check # _____
 Date Paid _____

Mail Registration and Deposit To:
 St. Joseph By the Sea
 400 Route 35 North
 S. Mantoloking, N.J. 08738

Optional Service: Care through Touch Ministry is offered by Marie Tuohy, LMT throughout the year. Call the office for more information.



Institute of Religious Teachers Filippini
400 Route 35 North
South Mantoloking, N.J. 08738

Address Service Requested

September 2017 - June 2018

March

19 HONORING ST. JOSEPH THE WORKER

In honor of our patron St. Joseph, the staff cordially invites you to join us at Liturgy as we celebrate this special day. We will pray for peace and healing for ourselves and for our world. Please call to register by March 16. Refreshments and Blessed Bread after the program.

Arrival: 10:30 a.m. Mass: 11:00 a.m. Departure: 1:00 p.m.
Presenters: Sr. Brunilda Ramos, MPF Sr. Dolores Bianchi, MPF
Donation:

21 WHY ARE YOU CRYING? **NEW**

On the way to Calvary, Jesus said little and the Gospels offer only a few details. Come for a day to use your imagination as we walk the way of the cross in the form of Christ speaking from his heart. Lunch and Mass included.

Arrival: 9:00 a.m. Departure: 2:30 p.m.
Presenter: Paulette Cicero, M.Th., CSD Cost: \$50

April

6-8 BLESSINGS OR BURDENS

What does it mean to come face to face with the second half of life? Embracing the gift of years is about living all of life to the fullest. This retreat will wake us up to the wisdom, joy and humor found in choosing “a wise path with heart”. Mass included.

Arrival: 6:00-7:00 p.m. Departure: 1:00 p.m.
Presenter: Paulette Cicero, M.Th., CSD Cost: \$215

May

18-20 CIRCLE OF LIFE – Four Moments in Every Woman's Life **NEW**

Four moments in every woman's life – “Loss, Change, Transformation, Fulfillment” – come to us again and again. Time will be offered for inspirational reflection, prayer, and scripture. This retreat invites us to come to know and love ourselves as we seek God within the experiences of our own journey. It allows space to ponder what it means to be a truly whole and spiritual woman living in the challenging time of our world today. Mass included.

Arrival: 6:00-7:00 p.m. Departure: 1:00 p.m.
Presenter: Paulette Cicero, M.Th., CSD Cost: \$215

June

3-9 SISTERS' SILENT RETREAT – PRIVATE OR DIRECTED

This week is set aside for those desiring time alone with God, rest and a walk on the beach. Exposition of the Blessed Sacrament, Liturgy and Reconciliation will be included.

Arrival: 10:00 – 11:00 a.m. Departure: 10:00 a.m.
Presenters: Staff and Visiting Directors Cost: \$450

Please Note: In addition to these events sponsored by the Center, the Staff gives many days of prayer to parish groups, school faculties, Rosary-Altar groups, senior citizens organizations, AA, etc., which are not listed. There are some dates still available. Individual spiritual direction is provided by the staff. Please call the office for more information.

Staff Visiting Director

Sr. Brunilda Ramos, MPF, Director
Sr. Dolores Bianchi, MPF, Administrative Assistant

Paulette Cicero, M.Th.
Rev. John Bambrick, M.S.C.M.
Sr. Jo Anne Jones, RSM, Ph.D

Our Mission

St. Lucy Filippini, the foundress of the Religious Teachers Filippini, dedicated her life to education, particularly for women. She founded schools of Christian doctrine, gave Spiritual Exercises to women preparing for marriage, and taught the Word of God through instruction and retreat experiences. Her charismatic gift was “the wisdom of the Word” and she made every effort to spread the Word of God to everyone. She was a contemplative in action; all her actions stemmed from her union with God.

It is this spirit that the Religious Teachers Filippini wish to en flesh at St. Joseph By the Sea. It is our aim to provide the atmosphere and means for the individual who comes here to “Let the Word of Christ, rich as it is, dwell in you.” (Col. 3:16) Having experienced quiet and solitude, one goes forward renewed and refreshed to incarnate God's love and Word.

Programs are offered to enrich, renew and deepen one's interior communication with the Lord in an atmosphere of prayer, quiet and solitude. The scenic environment of the Atlantic Ocean and Barnegat Bay provides additional contemplative space.

Our Facilities

Fully air-conditioned, twenty-two private bedrooms, with full bath accommodations between rooms, and a handicapped accessible lift are available for retreatants.

The facilities also include a dining room with accommodations for forty people, a chapel, and a solarium. A large conference room, overlooking the ocean, is located on the second floor. There is also a Library for use during one's stay. The Loft on the third floor overlooks the bay and invites one to “Come to the Quiet” to pray and reflect. There is direct access to the ocean from the house and easy access to Barnegat Bay.

St. Joseph by the Sea is the summer residence of the Religious Teachers Filippini.

Directions to our Retreat House

FROM GARDEN STATE PARKWAY SOUTH BOUND:

- Take **Exit 98** to **Route 34 SOUTH**.
- Follow **Route 34 SOUTH** thru **one traffic circle**.
- At Intersection of **Route 35** and **Route 70**, follow signs for **Route 35 SOUTH**
- Follow signs for **35 SOUTH - Seaside Heights, Point Pleasant**.
- Continue thru Point Pleasant, Bay Head, Mantoloking.
- At end of Mantoloking, Route 35 divides **continue** for **1.7 miles**.
- Turn **LEFT** at Sanderling St. (1st street after Brick Beach parking lot).
- Turn **LEFT** onto **35 NORTH** to #400 St. Joseph By the Sea is 1/2 mile on **RIGHT** side past Ocean Club Condos

FROM GARDEN STATE PARKWAY NORTH BOUND:

- Take **Exit 82** to **Route 37 EAST**.
- After the bridge follow **35 NORTH and Pt. Pleasant** Signs.
- Go past Ocean Club Condos.
- St. Joseph By The Sea is on the right #400.

FROM THE WEST:

- Take **195 EAST**.
- Get off at **Route 34 SOUTH**.
- Follow **Route 34 SOUTH** thru **one traffic circle**.
- Follow directions as if traveling **SOUTH** from Garden State Parkway.

***Our retreat program ends on July 1, 2018
and resumes on September 4, 2018.
There are no retreats offered in the summer.***

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